



PRESS RELEASE—

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Peer Health Exchange launches Social–Emotional Learning curriculum nationwide *Amidst the COVID-19 pandemic, Centered aims to support young people’s mental health*

December 8, 2020—Oakland, CA— Peer Health Exchange has launched *Centered*, a curriculum that seeks to increase students' likelihood of taking care of, maintaining, and seeking mental health resources by building social and emotional learning competencies and promoting healthy habits. Piloted in Boston, the program integrates core skills like reflection, assertive communication, thoughtful decision-making, and advocacy with crucial knowledge of risks, benefits, and mental health resources.

"The *Centered* model came out of a need to quickly pivot in the way we were delivering our program due to COVID-19 and the shelter-in-place orders," said Dr. Angela Glymph, Vice President of Programs and Strategic Learning. "Through our design labs, we were able to have direct input from young people on what they needed at this pivotal time, and mental health kept coming up. We are excited to support young people in a way that serves their needs."

The program consists of seven blended learning modules. Each module has both asynchronous assignments (students complete work independently) and synchronous sessions (students participate in a live virtual workshop facilitated by a near peer).

Even as we are still learning the long-term effects the pandemic will have on young people; we know that many are struggling. A [study](#) by America's Promise Alliance surveyed 3,300 high school students and found that nearly one-third reported feeling unhappy or depressed.

"We've remained true to our mission of empowering young people with the knowledge, skills, and resources to make healthy decisions," said Louise Langheier, Co-founder and CEO of Peer Health Exchange. "*Centered* allows us to do this innovatively by meeting young people where they're at and offering the flexibility that's needed in an ever-changing educational landscape."

Over the last 16 years, Peer Health Exchange has provided a skills-based health curriculum in under-resourced high schools across the country to more than 150,000 young people. As a response to the COVID-19 pandemic, Peer Health Exchange is committed to doubling its reach this school year, showing up for more young people through virtual solutions.

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About Peer Health Exchange Peer Health Exchange’s mission is to empower young people with the knowledge, skills, and resources to make healthy decisions. We do this by training college student volunteers to teach a skills-based health curriculum in under-resourced high schools across the country. To learn more visit www.peerhealthexchange.org

Empowering young people to make healthy decisions